



# The Senior Edition

## The Shrewsbury Council on Aging Newsletter

Published Monthly for all  
Shrewsbury Residents age 60 and over  
**July 2005** **Volume 5, Issue 7**



*The Town of Shrewsbury's  
Council On Aging mission is to develop  
and support community activities which  
enhance the well-being of residents of the  
town who are age 60 or older.*

### July 2005 Special Dates:

- July 4th:** **Happy Fourth of July!**  
**All Municipal Offices Closed**
- July 5th:** Red Cross Blood Drive
- July 13th:** New Quarterly Screening:  
Glucose and Cholesterol screen
- July 22nd:** Brown Bag Lunch and a Movie  
Also, Special Books Available
- July 29th:** Newsletter Mailing

**Summer Reminders:** The Following Do **Not** Occur  
During the Month of July:

#### Meetings of:

- COA Board Meeting, -Men's Friends,
- Friends of the Shrewsbury Senior Center, Inc.

No Hearing **Screening**

No Parks and Recreation **Activities**

*To all our readers,  
Happy Fourth of July!  
Enjoy!  
From all of us at the  
Shrewsbury  
Senior Center*

**Thank you** to the Friends of the Shrewsbury Senior Center, Inc., for their continued support of the Senior Edition...their fundraisers and your donations pay for the printing and postage of this publication.



**Friends of the Shrewsbury  
Senior Center, Inc.**

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# Shrewsbury Council on Aging (COA)

Shrewsbury Senior Center  
98 Maple Avenue  
Shrewsbury, MA 01545  
(508) 841-8640

## July 2005

### COA Staff and General Information:

Office Hours: Monday through Friday:

8:00am-4:30pm

Office Phone: 508-841-8640

Office Fax: 508-841-8641

#### Staff: COA Board Members:

Paul Keegan, Chairman, Helene Tanenholtz, Vice Chairman,  
John Concordia, Secretary, Al Crommett, Lillian Goodman  
Helen McLaughlin and Tim Swiss

COA Director: Sharon M. Yager

Assistant to COA Director: Vicky Pellegrino

Transportation Coordinator: Cynthia Willis

Van Drivers: Bob Dumas, Mike Jardarian, Gene Dell'olio  
George Bergquist, Mike Mazzola, Dick Londergan, Ed Rezuks  
and Holly Henry

Volunteer Piano Players: Agnes Torosian, Barbara Anderson,  
and Leo Floyd.

Village Café: 508-841-8757

Dining Manager: Sharon Wright

#### Volunteer Café Staff:

Shirley Golden, Ruth Runvik, Helen Nobiletti, Jeralyn Harrison  
Barbara Chevrefils, Carmella Iacono, Roger Faucher,  
Elayne Gilbert, T.C. Lee, Susan Pappas,  
Betty Viscera, and Denise Bachand

#### Meals on Wheels Drivers:

Michelle Mancini, Alan Buckley, George Bergquist

Outreach Coordinator: Walter Rice

Friendly Visitor Coordinator: Lorraine Covino

CARES Coordinator: Dave Grillo

#### Volunteer Office Staff:

Dorothy Dobson, Anita and Harvey Grell,  
Loretta Henry, Carmella Iacono, Nancy Kowalczyk, Rena Quealey,  
Lucille McHugh, Katharine Nelson, Rochelle Lockwood,  
Kathleen Perkins, Ethel Portier,  
Phyllis Robbio, Ruby Schwartz, Betty Viscera, Susan Pappas,  
Marion Buonomo, June Jardarian, Barbara Durbano  
and Lillian Clifford

Senior Aide: Layah Ruth Lehmann

Veteran's Agent: Richard Perron, 508-841-8386

(Please call Mr. Perron's number for his office hours)

#### Your Newsletter Committee Consists Of:

Layah R. Lehmann, **Editor**, Fran Rimkus, **Chairman**,  
Bob Oetting, **Advertising Coordinator**, Ron Davis,  
Norma Giumentaro, Mary Layden,  
Janice McNamara, Maynard Rinker

### **Pedometers still available.....**

Summer is finally here! Get out and walk and count your steps! Remember, 10,000 a day is the goal, and you'll be shocked how fast they add up! There are numerous pedometers left at the Senior Center; get yours now while they are still available for just \$8!



### Letter from the COA Director:

It's that time again! Time to say, "Happy New Year", fiscal new year anyway. As you have undoubtedly heard over and over by now, this fiscal year will probably be the tightest one the town has had to undergo in a long time.

The biggest change the COA will be dealing with this fiscal year is the loss of our Volunteer Coordinator position. Funding for this position ended on June 30th. The funding for this position came from our state Formula Grant and while the grant is still stable at this time, funding from the grant had to be redistributed to keep the three full-time staff members working five days per week. This was a very difficult decision to make. As I have stated many times, our department could not run without the dedication of our many volunteers, and operating without a coordinator to keep the Volunteer Program organized will be a challenge.

This funding change meant the lay-off of employee Elaine Baskin, who had joined our staff last year. We thank Elaine for her dedication to the Volunteers over the past year and the hard work she did for the department. We wish her well in her future endeavors!

This summer we will be busy working on all of our statistics for the 2005 Fiscal Year. One statistic we are quite proud of is our telephone statistic. Ten years ago, when we started having all staff and volunteers logging all incoming calls, we were averaging about 100 calls per month. That has now risen to about 800 to 900 per month and I had been wondering when we would hit 1,000 calls. I am excited to report that we not only hit that number but surpassed it in March when 1,144 calls came in to the COA!

A lot has certainly changed over the last 10 years, and this month marks my 10th anniversary serving as your COA Director. I was hired July 15, 1995. It has truly been a pleasure and I look forward to many more years with you!

Sharon M. Yager

### *Happy July Birthdays To:*

7/3 Fran Rimkus: Newsletter Committee

7/7 Janice McNamara: Newsletter  
Committee

7/11 Shirley Golden: Café Staff

7/19 Jeralyn Harrison: Café Staff

7/26 Eileen Creedon: First Friends  
President

7/28 Agnes Torosian: Piano,

Al Vadenais: Men's Friends,

Betty Viscera: Volunteer Receptionist and  
Alvin Weiss: Friendly Visitor

7/29 Alan Buckley: MOW Driver

7/30 Holly Henry: Van Driver





## CARES July Column

(Consumer Awareness and Resources for Elders in Shrewsbury)

### Be Proactive, Extended Warranties, Medicare

By Dave Grillo, CARES Coordinator

You may know the sinking feeling: The bills are due, and you can't pay them. I advise a proactive approach. Before missing a payment, call your creditors to explain your situation and see if you can work out a reduced or delayed payment arrangement. If you are an established customer with an excellent history of making required payments on time, you may find your creditors willing to work with you; try even if you wouldn't be on anybody's preferred customer list. Otherwise, if you do nothing, you risk a poor credit rating which most likely will mean that you will have trouble borrowing at decent rates (or at all) in the future. Also, check payment due dates on your billing statements. While utility companies (telephone, cable, electric), insurance companies, mortgage holders and many others allow a grace period, many credit card providers reserve the right to substantially increase interest rates even if you are one day late. To play it safe, mail your payments to credit card companies a week before they are due.

Extended warranties are a large profit item for retailers. *Consumer Reports* magazine believes they aren't worth it "because most appliances are extremely reliable." However, *Consumer Reports* makes an exception for plasma televisions, laptop PCs, treadmills and elliptical trainers with warranties of one year or less. Clark Howard, a consumer advocate with a nationally syndicated radio program (1060 AM weekdays from 2pm-3pm), advises that an extended warranty contract on an automobile should be purchased only from either an automobile company (General Motors, Ford, Chrysler, etc.) or an automobile insurance company (such as the company you pay to insure your car). Many other providers have gone out of business when they couldn't pay claims due to insufficient underwriting.

*Bottom Line Personal Newsletter* (May 1, 2005) reports that Medicare has expanded some programs and added others. You may be familiar with the prescription coverage that will be available in 2006. Second and third (if the first and second conflict) opinions, some nonemergency ambulance services, heart defibrillator implants for certain patients, screening tests for heart disease, diabetes and cancer, and even Viagra will be available to Medicare recipients. The Medicare Rights Center (212-869-3850, [medicarerights.org](http://medicarerights.org)) provides extensive information concerning Medicare. Locally, the SHINE Program (800-243-4636, press or say "2" when prompted) exists to help you navigate the landscape of health insurance and prescription drug programs.

*Always talk with a family member or trusted friend or call the CARES Program at the Senior Center before sending money to, investing in, or donating to any unfamiliar organization, entity or person who solicits you.*

## Volunteer Opportunities:

### Volunteer Opportunities Inside Senior Center:

**Grand Readers:** Grand Readers Program will be starting up again in the Fall. If you would like to read for 1/2 hour or more once or twice a month to children between the ages of 3 to 5, please call the Senior Center. Orientation will be held prior to the assignments.

### Help Still Wanted:

To head up the Senior Center's Bocce League and help with basic court maintenance.

### Volunteer Opportunities Outside Senior Center:

**The CASA Project** (Court Appointed Special Advocates) needs volunteers to serve as the eyes and ears of the Worcester County Courts for abused and/or neglected children. For more information stop by the Senior Center for a flyer or call: 508-757-9877 or e-mail the organization at [www.thecasaproject.org](http://www.thecasaproject.org).

If you are interested in any of the above volunteer opportunities or have any other volunteer opportunities to offer, please call the Senior Center.

## Financial Assistance Available:

### NSTAR Discount Rate

Given the high cost of energy bills, NSTAR is offering residential discount applications as part of their outreach to low income families in their service territory. The savings participants will see by using this program will not affect the level of benefits received from other state programs that they may be receiving. An extremely quick and simple application is all that's needed, which is available at the Senior Center. You may also call 1-800-566-2080 or visit [www.nstaronline.com](http://www.nstaronline.com) with questions.

### Circuit Breaker Tax Credit

You may have read in the paper that Representative Karyn Polito appointed a local Property Tax Advisory Committee to help brainstorm ideas on what programs can better help seniors with Property Taxes. We will keep you posted on what is in the works. During the meetings, it became clear that the Circuit Breaker credit is often misunderstood and underutilized. You can apply for the credit all year long and can go back three years if needed, but you do need to file a tax return, even if your income does not require you to normally file. Call the Senior Center to learn more.

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## July Concerts

### Special July Events at Shrewsbury Crossings

Kick off your shoes and enjoy the summer entertainment offered by Shrewsbury Crossings. Below is a list of events for the month of July:

- **July 5th: 6:30pm, "All America"** with Marty Sawyer, a one hour program of inspirational songs, tied together with a humorous story line.
- **July 18th: 7:00pm, Wachusett Community Band Concert.**
- **July 19th: 2:30pm, Slide Show,** "Big Bands and their Ballrooms".
- **July 25th: 6:30pm, Musical Concert with Bob Blake** a one hour program of folk and sing a long music with guitarist.

Please call ahead (508-845-2100) to make reservations if you plan to attend any of the events. Don't forget to bring a lawn chair. Concerts will be held rain or shine.

### 2005 Summer Concert Series

Below find a list for the July Summer Concerts at *The Willows* at Westborough.

- **July 6th: Westwood Swing Band**
- **July 13th: Wolverine Jazz Band**
- **July 20th: Fantasy Big Band**
- **July 27th: The Yankee Brass Band**

All concerts begin at 7:15pm on Wednesdays, rain or shine. Admission is free.

### West Boylston Summer Concert Program

Enjoy summer Sunday evenings on the West Boylston common listening to music.

- **July 10th: Rhythm,** Standards-30's thru 90's
- **July 17th: The Otters,** Music Americana for the whole family
- **July 24th: Obsession,** Classic Rock/Country
- **July 31st: Wachusett Community Band,** Variety-Marches, Show Tunes, etc.

Concerts begin Sundays, 6:00pm-8:00pm. The West Boylston Fire Department and Auxiliary will be selling hot dogs, soda, popcorn, etc. at each concert. If there is a threat of rain, call Pat Barrie at 508-835-4711.



## Shrewsbury Public Library News:

Call the Library at 508-842-0081 Ext: 3,  
for further Information!

### Library Book Group Dates

#### Science Fiction:

*To Your Scattered Bodies Go* by Philip Jose Farmer  
July 6, 7pm

### Roaming Gnomes

The Shrewsbury Library will be hosting roaming gnomes this summer for the Gnomes Across Massachusetts. Check one out to join you on vacation and help record his journey with pictures and journals. Call the library to learn more!



### Library Outreach Services

There is a personalized program of library service for individuals who are unable to visit the library in person. Delivery and pick-up are made every 2 weeks. Materials available include books (regular, paperback, and large print), audiobooks, magazines, music CDs and cassettes, videos and DVD's.

To request service, call: 508-841-8535.

### New Library Hours

Due to budget reductions for fiscal year 2006, starting **July 1, 2005** the library hours will be as follows:

<b>Monday</b>	<b>10:00am-9:00pm</b>
<b>Tuesday</b>	<b>10:00am-9:00pm</b>
<b>Wednesday</b>	<b>10:00am-9:00pm</b>
<b>Thursday</b>	<b>9:00am-5:00pm</b>
<b>Friday</b>	<b>9:00am-5:00pm</b>

The library is closed on Saturdays and Sundays during the summer months.

The first Saturday opening for the fall season is September 10, 2005. And library will be open 9:00am-5:00pm on Saturdays

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**Busy Hands**

**Knitting Group**

Looking for a great gift? Drop by the Senior Center and view our wide variety of hand knitted goods. All items are reasonably priced.

**Shrewsbury Senior**  
**Citizen's Club**

**Mondays**

11am

President:

**Dorothy Sinkus**

Join Us!

**Aging & Spirituality** is a collaborative speaker series offered by the *Notre Dame Long Term Care Center*. This month's event, **Strings & Voices**, will feature artists who will perform in a combined concert. These musicians have chosen to use their gifts in various settings such as: in concert halls, performing arts centers, religious gatherings and direct contact with patients. Their artistry has soothed, calmed and enthralled. The concert will take place on July 12, with a reception at 5:30pm, followed by the program at 6:30pm at the *Notre Dame Long Term Care Center* on 559 Plantation Street, Worcester.

### For the Kid in You!

Hands-on fun for everyone at Davis' Farmland. Bring your grandchildren this summer for splashes and laughs in Davis' *Adventure Play & Spray*. New England's largest zero-depth water sprayground is overflowing with fun!

Davis' Farmland is a seven-generation family farm, operating in Sterling since 1846, and home to the largest sanctuary of endangered livestock in North America. In 1996, Davis' Farmland created its Children's Discovery Farm. We feature developmentally appropriate discovery play and learning for children ages 1-8. Adults must be accompanied by a child 12 years or younger!

Events for July are:

- \* **July 9 & 10th: Rainforest Reptiles**  
Cookout 11:30am-2:30pm (additional charge)
- \* **July 16 & 17th: Children's Magic Shows**  
by Greg McAdams, Cookout 11:30am- 2:30pm
- \* **July 23 & 24th: Mike the Music Man**  
Guitar singing, puppets and even a magic trick.
- \*

Admission hours are 9:30am-4:00pm, 7 days a week. Farmland is open only if weather permits, so please call ahead at 978-422-6666. Weather decisions are made each day by 8:00am.



### Wonders of the Universe

Stop by the Alden Planetarium at the EcoTarium and discover the fascinating world of astronomy—from the nearest stars to the farthest planets. The Planetarium Offers a variety of astronomy programs for individuals and groups.

Schedules are subject to change, so call 508-929-2710 for show times on the day of your visit. Tickets are \$3 per person, plus museum admission. Groups of 10 or more must reserve planetarium tickets at least two weeks in advance. Space is limited.

### If it's Friday, it's Jazz at Sunset!

Get ready for a red-hot summer of sizzling music at the **Jazz at Sunset** summer concert series!

Jazz at Sunset is one of Central Massachusetts' best ideas for kicking off your weekend. For six weeks each summer, the EcoTarium is transformed into a concert venue unlike any other. Jazz enthusiasts, young families, retirees and couples sharing a romantic picnic all rave about the unique and relaxing experience of the Jazz at Sunset series produced by the EcoTarium and WICN Public Radio. See schedule below:

#### July Schedule

- 7/ 1: **C.J. Chenier and the Red Hot Louisiana Band**
- 7/ 8: **Michelle Willson and the Evil Gal Festival Orchestra**
- 7/ 15: **El Eco Featuring Hendrik Meurkens**
- 7/ 22: **David "Fathead" Newman**
- 7/ 29: **A Tribute to Benny Goodman and Peggy Lee**

Concerts begin Fridays, from 6:30 to 8:30pm on the museum's Sundial Plaza. In case of rain or the threat of rain, concerts are held under the tented pavilion. Tickets can be purchased on line at [www.ecotarium.org/events/jazz](http://www.ecotarium.org/events/jazz) or at the gate on the night of the show. Gates open at 5:00pm. Gate tickets are \$16 per person. For EcoTarium or WICN members with a card, tickets are \$14.

**Silver Screen Classics:** The theaters at Blackstone Valley, located at 70 Worcester Providence Turnpike in Millbury, has also added its own "Enjoy a Classic Film", popcorn and drink for \$1! July's feature is "*You Can't Take It With You*", with James Stewart on **July 14th, 1pm**. Call 508-865-7184 or visit their website at [www.nationalamusements.com](http://www.nationalamusements.com).

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## New Literature Available:

Two new booklets are available for our residents:

### Lasting Impressions, Massachusetts Dental Society

A colorful, informative handout is available to answer common questions on dental health. The pamphlet covers toothbrushes, flossing, dental visits, fluoride, denture care, nutrition, dry mouth, oral cancer, cosmetic dentistry for seniors and the dentist's role for mature mouths. Stop by or call to get your copy. To learn more about the Massachusetts Dental Society, call 1-800-342-8747 or visit [www.massdental.org](http://www.massdental.org).

### New Lifestyles: An Area Guide To Senior Residences and Care Options

The Summer/Fall 2005 Edition of this 36 page booklet is now available at the Senior Center. It covers Western and Central MA and reviews the types of housing and care available and provides a brief program and service directory. Again, stop by the Senior Center or call to get your copy. You can also call 1-800-869-9549 or visit [www.NewLifeStyles.com](http://www.NewLifeStyles.com).

## Van Booklet Tickets Available

The Shrewsbury COA now has ticket booklets available that can be used on the COA vans. Each \$4.50 booklet will provide ten 50 cent tickets, giving a 50 cent savings. A 40 ticket booklet is \$18.00, giving a \$2.00 savings. If you would like to purchase a booklet, call Cynthia Willis, the Transportation Coordinator, at 508-841-8640. Have questions on transportation? Comprehensive WRTA folders are also available to explain the transportation service that is available to all seniors and disabled residents in Shrewsbury. Simply give Cynthia a call.

## TTY Now Available at the Senior Center

Thanks to a grant from MARTap, a division of the state Transportation Department, the Shrewsbury Senior Center now has a TTY machine available to the deaf and hard of hearing to utilize. If you or someone you know could benefit from calling the Senior Center by using this helpful device, simply call the Senior Center at 508-841-8640.

## Health Department News: Leaves, Grass, and Yard Waste

It's time to keep cleaning the yard! Please remember that the drop-off at the Municipal Garage will be open every other Saturday from 8:30 to 11:30am for your leaves, grass and yard waste. Please call the Health Department at 508-841-8512 with any questions.

## Protect Your Personal Financial Information

from Tom Reilly's Elder Fraud Alert Calendar

When it comes to personal financial information.....Mum's the word. Fraudulent telemarketers may try to trick you into giving out your checking account number. If they succeed, they can use this information to improperly debit your account. You may not find out about this until you receive your bank statement.

By federal law, telemarketers must obtain your authorization before they can ask your bank to debit your account. They must make certain disclosures to you and either 1) get your written authorization, 2) get your tape recorded authorization, or 3) send you written confirmation of your approval BEFORE they take money from your account.

What can you do to protect yourself? Never give out personal information, including your account number, unless you have initiated a call and know the company. Review your bank statement each month and immediately notify your bank if you see any withdrawal you did not authorize or any changes to a withdrawal you did not approve. Follow up with a letter to the bank. For more information about banking matters, call the Massachusetts Division of Banks at 1-800-495-2265 and ask for consumer assistance. You can also visit the Federal Reserve's Web site at [www.federalreserve.gov](http://www.federalreserve.gov).



## Good Food = Good Health:

**Serve** Sign-up on-line at [www.serve-newengland.org](http://www.serve-newengland.org) or in person at the Shrewsbury SERVE host site at Mount Olivet Lutheran Church office. There

are many specials this month! The Church's sign up hours are Mon. through Thurs. from 9am-1pm. Call 508-842-2731 before you go to make sure a church staff person is available. Deadline is July 7th for distribution on July 23th or call 1-800-548-2111. Help is available!



## Alzheimer's Family & Caregiver Support

Direct your general questions to local contact Aimee Rizzo.  
She can be reached both numbers listed below.

### Whitney Place at Westborough

Get the support and education you need nearby, as well as a chance to share your feelings, ideas and concerns. **Evening meetings** are held monthly, the first Tuesday of the month from 7-8:30pm at Whitney Place in Westborough. Call Aimee Rizzo at 508-836-4354, ext. 3706 for more information. This month's meeting will be July 5, 2005, August's will be August 2, 2005.

Note: Group meetings are also held **mornings** on the second and fourth Thursday of each month from 10-11:30am.

### "Safety First"

Please join the Alzheimer's Family & Caregiver Support Group to hear Marlaen Fisher OT, from Natick VNA, speak on elderly safety and tips on simplifying the home environment. The program will be July 19th, at 6:00pm. Refreshments will be served. Please RSVP to Aimee Rizzo at 508-393-5655, ext. 256.

### Whittier Rehab Hospital

Whittier's Monthly Educational luncheon and talk was not yet scheduled at press time. To learn more, call (508) 870-2222, ext. 3134.



### Fallon Representative Available:

Ms. Sochalski will be available at the following locations during July. Anyone who is interested in signing up or getting information on the Fallon Senior Plan can contact her at the number below. Fallon Senior Plan has three options for 2005, including a \$0 plan premium option. Please come and learn more.

**Friendly's**, 966 Grafton St., (Worc.) July 12th, 10:00am.

**Bickfords**, 539 Lincoln St., (Worc.) July 13th, 10:00am.

**Tatnuck Bookseller**, 335 Chandler St., (Worc.) July 14th, 10:00am.

**Christina's Café**, 22 South St., (Westboro) July 19th, 10:00am.

**The Manor Restaurant**, 39 Franklin St., Rt.12, (W. Boylston) July 22nd, 2:30pm.

**Christo's Restaurant**, 97 Stafford St., (Worc.) July 26th, 2:30pm.  
Call 1-888-377-1980 for more information.

## KALTSAS KORNER

### Financial Exploitation of Elders

There are a number of bills that have been introduced in the Massachusetts legislature to increase the benefits available to MassHealth recipients. These issues are now before the budget conference committee and now is the time to contact your legislators if any of these issues are of interest to you. Six such bills are generally described below and their respective bill numbers provided:

**1) An Act to Increase the Personal Needs Allowance:** This bill would restore the Personal Needs Allowance of a MassHealth nursing home resident to its previous level, increasing from \$60.00 per month to \$72.80 per month, and would implement an annual cost-of-living increase. (Bill # H.D. 2207 and S.D. 1997)

**2) An Act to Protect Assets of the Spouse of a Nursing Home Resident:** This bill would restore the level of assets retained by the spouse of a nursing home resident to the maximum permitted under federal law. (Bill # H.D. 2629 and S.D. 1150)

**3) An Act to Prevent Harsh Asset Transfer Penalties:** This bill would prevent MassHealth from seeking a waiver of federal law to impose harsh asset transfer penalties on nursing home residents. (Bill # H.D. 3609 and S.D. 1369)

**4) An Act to Preserve Assets of the Spouse of a Nursing Home Resident:** This bill would revise the calculation of a nursing home spouse's income allowance to allow her to keep more marital assets ("income first"). (Bill # H.D. 3687 and S.D. 1148)

**5) An Act Relative to Long Term Care Insurance and MassHealth Estate Recovery:** This bill would require MassHealth to allow nursing home residents to use long term care insurance benefits on home care without losing the exemption from MassHealth estate recovery given to owners of long-term care insurance. (Bill # H.D. 730)

**6) An Act to Implement a Program of Long Term Care Education:** This bill would require the Executive Office of Elder Affairs to implement a program of public education about long term care, the options available to individuals, and how to plan for long term care needs. (Bill # H.D. 1004)

In the event you have specific questions about any of these bills, please feel free to contact Attorney Kaltsas at 508-755-6525.

**Attorney Nicholas G. Kaltsas practices law at Elder & Disability Law Advocates in Worcester, Massachusetts.** This article gives general information and not specific legal advice on individual matters.



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## Laughter .....the Best Medicine!

Did you know that laughing doesn't just feel good? It is good for you? Many studies have shown that laughter promotes healing from within. The BBC reported on March 7, 2005 that researchers from the University of Maryland, School of Medicine in Baltimore, compared the effects of watching funny and stressful films to blood vessel activity. While no difference was seen in blood vessel dilation between the two groups before they watched the films, watching a stressful film clip caused blood flow to slow by around 35%, but laughing during a funny film clip increased it by around 22%.

The researchers suggested that laughter caused the tissue that forms the inner lining of blood vessels, the endothelium, to expand in order to increase blood flow. The endothelium is known to have a powerful effect on blood vessel tone and regulates blood flow, adjusts coagulation and blood thickening, and secretes chemicals and other substances in response to wounds, infections or irritation.

In a study published in the *Archives of Internal Medicine* in October 2000, a researcher from Ohio State University linked a person's happiness to the state of his/her heart. This was a large-scale study covering ten years which demonstrated that clinically depressed men were more than twice as likely to die of a heart attack as those who were not depressed.

Laughter promotes healing in non-cardiovascular ailments too. On February 14, 2001, the *Journal of the American Medical Association* reported research findings from the Unitika Central Hospital in Japan in which skin welts shrank in allergy patients who watched Charlie Chaplin's comedy "Modern Times," but not in patients who watched a video on weather instead.

On February 21, 2002, the BBC reported findings from a study called *Rx Laughter*, a collaboration between the US entertainment, pediatrics and psychiatry fields, which validated the UK practice of using laughter in children's hospital wards. The researchers, led by Dr. Margaret Stuber, asked children to put their hand into cold water and found the whole group tolerated the temperature longer while watching a funny video.

Those who laughed the most remembered less of the pain, and hormone tests on their saliva provided evidence that their stress levels were lower after laughing. The researchers believe the healing power of humor can reduce pain and stimulate immune function in children with serious diseases such as cancer, AIDS or diabetes and in children receiving organ transplants and bone marrow treatments. Dr. Stuber said, "In some instances laughter may even reduce the amount of anesthesia necessary."

Laughter is an important part of lifetime wellness. Not only is laughing one of the healthiest things you can do, it is also one of the easiest! So go ahead and giggle till you wiggle!

## Getting "Extra Help" from Medicare's New Prescription Drug Program

By Ellin Clifford, Regional SHINE Director



Effective January 1, 2006, Medicare will offer prescription drug coverage for all people with Medicare. Some people on Medicare will also get extra help under this new program. You may qualify for extra help if:

•Your annual income is below \$14,355 for a single person (or \$19,245 if you are married and living with your spouse), AND

•Your resources (including savings and stocks, but not counting your home or car) are under \$10,000 (for a single person) or under \$20,000 (for a married couple).

The amount of extra help you get depends on your income and resources. Those on Medicare cost sharing plans or receiving SSI will get the extra help automatically. Others will receive an application for the extra help from the Social Security Administration sometime this summer. Even if you are slightly above the income and resource limits, complete the application and return it to Social Security, it is possible you may still qualify.

For assistance with filling out the applications contact the Social Security Administration, MassHealth or SHINE (Serving Health Information Needs of Elders). Call your Council on Aging to ask for an appointment with a SHINE counselor.

You can also call 1-800 243-4636 (1-800-AGE-INFO) and press "2" when instructed to do so. Once you get the SHINE answering machine, leave your name and number and a volunteer will call you back.

The Social Security Administration and the SHINE Program will be having Informational Forums at area locations throughout the summer. For the most recent list see below

### July 2005

#### Thursday, July 7

10:30am Auburn Sr. Ctr.  
1:00pm Bellingham Sr. Ctr.

#### Thursday, July 14

9:30am Sturbridge Sr. Ctr.  
11:00am Charlton Sr. Ctr.

#### Tuesday, July 12

12:45pm W. Boylston Sr. Ctr.

#### Wednesday, July 20

11:00 Leicester Sr. Ctr.

#### Wednesday, July 13

12:00pm Sterling Sr. Ctr.

#### Thursday, July 21

12:00pm Holden Sr. Ctr.

Susan B. Nissenbaum  
Attorney at Law

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7am-noon

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## Shrewsbury Men's Friends Club

*Submitted by Al Vadenais*

Eileen Terrill, a registered nurse, spoke about men having to take care of themselves with diet and exercise.

Stanley Tokare presented a film and talked about atrocities by the Japanese both before and during World War II.

Bill Ballou, sports writer for the Worcester Telegram and Gazette, answered all questions concerning players and management of the Boston Red Sox.

All attendees were invited to participate in sharing their experiences during the devastating tornado of 1953.

The Lee Bartlett Singers entertained the audience before the buffet luncheon.

No meetings are planned for the summer months. Meetings will resume on September 8th, 2005. See you then! Have a great summer!

## Veterans Cemetery Expansion

Governor Mitt Romney today unveiled a \$3 million plan to expand the new Massachusetts Veterans' Cemetery in response to the demand for more burial space for aging veterans.

The Massachusetts Veterans' Memorial Cemetery in Winchendon is a joint project among federal, state and local partners and is the second state cemetery for veterans. It covers roughly half of 210 acres donated to the Commonwealth of Massachusetts by the Town of Winchendon.

Developed with federal and state funds, the \$9 million dollar cemetery has a capacity of more than 7,000 spots. Romney's expansion proposal would raise this figure to more than 9,500. The expansion is needed because veterans are dying in greater numbers each year. Nationwide, World War II veterans are dying at a rate of 1,000 per day; in Massachusetts, the number is about 20 per day. By 2008, it is estimated that 1,700 veterans will die each day.

Those eligible for burial include veterans, spouses and children, depending on their age and level of dependency on the parent. Veterans must either be honorably discharged or have died while on active duty. There is no charge for veterans.

## Friends of the Shrewsbury Senior Center, Inc., submitted by Diane Lindberg

You don't want to miss out on this one! Mark your calendar now for the Friends general meeting...**September 20, 2005 at 1 pm....**for an entertaining and delightful afternoon. It will be such a performance that you'll be laughing and talking about it all night long. Our mystery guest will be revealed in the August newsletter.

The Friends thank you for your support at the general monthly meetings! The 2005-2006 meetings prove to be bigger and better. Be there...and bring a friend!

We wish you all a wonderful summer!

## Congratulations to the following May Madness

**Winners:** Erin Chatten, Richard Hassack, Lee Luciervo, Laura Jakstis, Brandon Walsh, Ann Long, Mary Higgins, Harry Shepard, Tim Sena, Priscilla Browning, John Chioda, John Tamulevich, Irene Dussault, Gary Caggiano, Kim Weed, Doris Paolini, Laura Busky, BethAnn Murray, Al Vadenais, Roy Russell, Harvey Poulin, Barbara Truelson, Nancy Wadowski, Carol Lapriore, Louise Russell, Ann Phillips, Mary Kiely, Robert Boudreau, Caroline Pearson, Louis Hodgerney and Beatrice Costello.

## Just a Reminder.....

The deadline for entries in the Senior Art Contest, "Celebrating the Winter Holiday at the State House in Your Favorite Decade", is July 15, 2005.

Information and Entry Forms can be picked at the front desk at the Senior Center.

## Travel Information:

### Anna & Bernie Keiser: 508-753-1387

Capt. Jack's Lobster Bake at Foxwoods: July 20th.

### Frank Fulginiti : 508-845-6509

Foxwood Resort Casino: July 12th.

Odyssey Luncheon Cruise: July 26th.

Foxwood Resort Casino: August 9.

*Call Frank or Anna about other exciting trips they have planned for 2005 and get their trip schedule. Flyers are available at the Senior Center.*

## Victor R. Quaranta

**American Legion Post 397**

*Do You Have An Old Flag?*

**The Post will  
Ceremoniously and  
Properly dispose of  
American Flag**

**Drop Off Box At Senior Center**

## Shrewsbury Men's Friends Club



**Thursdays 9-11 AM  
President: John Kehoe**

## RICHARD'S CAR WASH

**309 BOSTON TURNPIKE**

**508-755-0131**

ALL CLOTH WASH — HOT WAX APPLICATION  
COIN OPERATED VACUUMS — 4 BAY WASHERS  
Tuesday: Senior Citizen's Day: \$1 off!!!

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## The Poet's Corner

### Independence Day

Patriots started the famous meleè,  
Many were heroes e'er the end of the fray.  
Soldiers would die in the years to come  
E'er the tyrant in Europe would finally succumb.

Farmers did trade in pitchforks and plows  
For muskets and powder, with adamant vows  
That no longer could England rule their land,  
T'was time to fight and make a stand.

Men met in Philadelphia from all colonies,  
Risking hanging for treason to set America free,  
And drafted a statement heard 'round the world  
Announcing departure from Britain's cruel rule.

On the fourth of July, Seventeen Seventy-six  
A new nation was born, and signatures affixed  
To a declaration of independence, a marvelous deed  
That inspired the Patriots in time of need.

So shoot off your fireworks, fire the big guns,  
Ring all the bells and sound the drums.  
Celebrate America's most famous day  
Fly the flag proudly, democracy's here to stay.

Poem by R. W. Coulter  
member of the Writer's Workshop at the Shrewsbury Senior Center

### Recipe of the Month

#### Betty's Viscera's Famous Pizzelles

3 eggs  
1/2 tsp. anise  
2 tsp. baking powder  
1 tsp. vanilla  
1 3/4 cup flour  
1/2 cup melted butter (1 stick)  
3/4 cup sugar

Combine with mixer. Drop by teaspoon onto hot Pizzelle iron and cook until golden brown.



Editor's note: These are the best Pizzelles I have ever tasted. They are delicate and flavorful - melt in your mouth good. I look forward to days when Betty brings them in, as she often treats the staff to them. Sometimes she adds a little lemon zest to the recipe, giving a zing to our taste buds. Thank you Betty! From your most appreciative co-workers.

### Some Guidelines for Displaying the Flag

1. The flag of the United States should be flown daily from sunrise to sunset in good weather from public buildings, school, permanent staffs, and in or near polling places on election days. The flag may be displayed 24 hours a day on patriotic holidays if properly illuminated.
2. The flag should not be displayed on days when the weather is bad, except when an all-weather flag is used.
3. The flag should always be flown on national and state holidays and on those occasions proclaimed by the President. On Memorial Day, the flag should be half staffed until noon.
4. The flag should be hoisted briskly and lowered ceremoniously. It should never be dipped to any person nor should it ever be displayed with the union down, except as a signal of dire distress.
5. The flag should never touch anything beneath it, nor should it ever be carried flat or horizontally.
6. It should never be used as wearing apparel, bedding, drapery, or decoration, not for carrying or holding anything.
7. The flag should never be fastened, displayed, used, or stored in such a manner as to be easily torn, soiled, or damaged. It should never be used as a covering for a ceiling.
8. The flag should not be draped over the hood, top, sides, or back of a vehicle. When a flag is displayed on a car, the flag's staff should be fixed firmly to the chassis or clamped to the right fender.
9. The flag or its staff should never be used for advertising purposes in any manner whatsoever. Nor should any picture, drawing, insignia or other decoration be placed on or attached to the flag, its staff, or halyard.
10. The flag should not be embroidered on cushions, handkerchiefs, or other personal items nor printed on anything designed for temporary use and discarded. However, a flag patch may be affixed to the uniform of military personnel, firemen, policemen, or members of other patriotic organizations.
11. When the flag is so worn or soiled that it is no longer suitable for display, it should be destroyed in a dignified manner, preferably by burning.

We welcome birthday, anniversary and other special announcements! Just send them to the  
**Senior Edition!**

#### Newsletter Policy of the Newsletter Committee:

- Names must appear with any submission
- Submissions may be edited without notification
- No profanity or offensive material
- Articles, jokes, announcements, etc. should be less than 150 words
- Poems should be no more than 18 lines
- Subject to space limitations, submissions should be limited to one every three months. —Thank You!



# July 2005 Calendar

**Please Note:** No PARKS/REC activities will be held this summer. To find about other adult programs being offered, please call the Parks Department at 508-841-8503, for information on registration dates.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>PLEASE NOTE:</b> All special monthly activities, meetings and screenings <i>appear in italics</i> on the Calendar. <b>Call the Senior Center at 841-8640 to sign up for</b> screenings, clinics and special events. <i>The entrée at the Village Café is listed each day. Please call the Café Office at 508-841-8757 the business morning before to reserve your seat.</i>				
<b>4</b> <b>Happy 4th of July!</b> <b>All Municipal Offices closed</b>	<b>5</b> <i>Trip: Xmas Tree Shop</i> 10-12 :00: Independent Artists Noon: Painting with Elaine <i>1-8pm Red Cross Blood Drive</i> <i>Seafood Delight Salad</i>	<b>6</b> 10:30-11:30: Yoga 11-1:00pm: BP/Weight Screening 12:30: Bridge 1:00: Canasta 1-3:00: Whist 1-2:00: Pilates 2:15-3:15: Chair Pilates <b>Buttermilk Chicken</b>	<b>7</b> 10-12:00: Senior Painting* 1:00: Pitch 1:00: Scrabble <b>Campfire Chili</b>	<b>8</b> 9-10:30: <i>Rep. Polito Office Hours</i> 10:00: Writer's Workshop 10:00: Cribbage 1:00: Mahjong 1-3:00: Busy Hands <b>Savory Beef Stew</b>
<b>11</b> 9:30: Piecemakers <i>10-11:30: Congressman McGovern's Aide/ Office Hrs</i> 11-1:00: SSC Club 11:30: Whist 12:30: Bridge <b>Fish Tenders</b>	<b>12</b> <i>Trip: Solomon Pond Mall</i> <i>10-11:00: Spinal Screening</i> 10-12:00: Independent Artists Noon: Painting with Elaine <b>BBQ Chicken</b>	<b>13</b> <i>8am-noon:Glucose/Chol. Scrn</i> 10:30-11:30: Yoga 11-1:00pm: BP/Weight Screening 12:30: Bridge/1-3:00: Whist 1:00: Canasta 1-2:00: Pilates 2:15-3:15: Chair Pilates <b>Swedish Meatballs</b>	<b>14</b> 1:00: Scrabble 1:00: Pitch <b>Pasta Fagioli Soup with Roasted Chicken</b>	<b>15</b> 10:00: Writer's Workshop 10:00: Cribbage 1:00: Mahjong 1-3:00: Busy Hands <b>Italian Casserole</b>
<b>18</b> 9:30: Piecemakers 11-1:00: SSC Club 11:30: Whist 12:30: Bridge <i>2:00: Free Legal Clinic with Attorney Jim Slavin</i> <b>Beef Ribs</b>	<b>19</b> <i>Trip: Targets Westboro</i> 10:00: Independent Artists Noon: Painting with Elaine <b>Spaghetti and Meatballs</b>	<b>20</b> 10:30-11:30: Yoga 11-1:00pm: BP/Weight Screening 12:30: Bridge 1:00: Canasta 1-2:00: Pilates 1-3:00: Whist 2:15-3:15: Chair Pilates <b>Brunswick Chicken</b>	<b>21</b> 1:00: Pitch 1:00: Scrabble <b>Pork with Peach Sauce</b>	<b>22</b> 10:00: Writer's Workshop 10:00: Cribbage <i>11:30: Lunch &amp; Movie</i> 1:00: Mahjong 1-3:00: Busy Hands <b>Macaroni and Cheese</b>
<b>25</b> 9:30: Piecemakers 11-1:00: SSC Club 11:30: Whist 12:30: Bridge <b>Vegetable Beef Soup and Chicken Salad</b>	<b>26</b> <i>Trip: Milbury Plaza, rt.146</i> 10-12:00: Independent Artists Noon: Painting with Elaine <b>Seafood Newburg</b>	<b>27</b> 10:30-11:30: Yoga 11-1:00pm: BP/Weight Screening 12:30: Bridge 1:00: Canasta 1-2:00: Pilates 1-3:00: Whist 2:15-3:15: Chair Pilates <b>Hot Dog/Roll and Beans</b>	<b>28</b> 1:00: Pitch 1:00: Scrabble <b>Chicken Francese</b>	<b>29</b> 9:00 <i>Newsletter Mailing</i> 10:00: Writer's Workshop 10:00: Cribbage 1:00: Mahjong 1-3:00: Busy Hands <b>Beef and Potato Casserole</b>